

## THE ATHLETIC GIRL.

ABOVE ALL THINGS,  
SHE IS WOMANLY SAY  
HER DEFENDERS.

The outdoor girl has received her first rebuff. Heretofore she has been pictured as a perfect type of modern womanhood, and while poets have not sung her praises, it is because she disdains such tribute and prefers to meet man on the tennis court or golf course rather than hear him sighing beneath her window.

Now, according to a London weekly, no less a personage than Queen Alexandra has frowned upon the outdoor girl, and has expressed the opinion that outdoor sport produces unbecomingly ruddy cheeks and a woman with a tendency to literature is cited as a more feminine type.

Despite the popularity which the outdoor girl has gained within recent years, she has always had her enemies. They have been mostly of the type of woman who is so made up, padded and generously provided with false hair that any violent exercise would be her undoing. Then, there have been gentle grandmotherly souls that have arisen now and then in indignation over the immodesty which they found in a gymnasium suit or the lack of femininity they associated with a punching bag or a bicycle.

Mothers sometimes write to professors of girls' colleges and ask that their daughters be excused from the athletic classes on the ground that they feared the influences of such sports as are indulged in on the refinement of girls.

These opinions, however, are seldom shared by the women who preside over the leading girls' schools of the country. Nor do physicians deny the healthful benefits to be derived from outdoor exercise for girls.

Most of the athletic trainers at the girls' colleges are doctors, and they, as well as the directors of gymnasiums, are enthusiastic over the refining influences of athletics. Mentality develops from exercise, they say, and refined instincts assert themselves in the well-trained, well-kept body.

Not only will the muscles grow firm and the flesh hard through exercise, but the complexion will clear, and grace, ease and poise as well as a happy disposition and absence of irritability will come as systematic athletics are persevered in.

"It is idle to cavil at the athletic woman," said the director of physical culture at one of the big gymnasiums who has in the past had charge of the athletic classes in one of the famous women's colleges. "Results tell the tale and books of record at the various schools show the improvement, mental and physical, that is accomplished by properly conducted athletics."

With improved physical health you cannot fail to acquire better mental poise and a cheerful way of taking life. Mental indigestion never occurs unless the body is lacking in its proper training and exercise.

"The unhappy, discontented, envious woman who finds fault and gossip is never the well woman who spends an hour or two each day in the open air. A woman may suffer from no actual disease and yet she can be so fretful, irritable and unhappy that she makes every one miserable who comes in contact with her. She is never the woman who walks, rides, rows or fences."

"Anemia, poor circulation, anæmia, are all conditions resulting from lack of exercise. The conservative woman who objects to riding a bicycle pays for her folly in unhappiness."

"As to any timorosity or freedom of speech or conduct resulting from athletics for women, I can only say that for twenty years I have conducted classes of girls of all walks of life and I can most strenuously state that the contrary is the case."

"Slang is not the language of the athletic girl any more than it is of every girl in college. A fondness for slang can never be attributed to athletics."

"The growth of slang as a conversational habit has been phenomenal within the last few years not only with English-speaking people, but with all nations. Our society plays tennis with it and they are said to possess brilliant dialogue as a consequence. There is a school of slang in literature but its growth cannot be traced to athletics."

"Girls use slang now and write slang in their letters and it is considered smart rather than rude. It is not a pleasant habit, but then, was the old prunes and prism girl more desirable?"

"She was pinched in the waist, and wore small shoes and tight gloves, and she embroidered all day long and read novels. She faints on slight provocation and she was subject to hysterics."

"When you compare this sort of girl with the energetic, vigorous outdoor girl of to-day who can say that the old type was more womanly? If she was, then what constitute womanliness?"

"We should rejoice in the fact that athletics became a fad for women. The English woman who walks and hunts is quite different creature from the American girl of to-day who is quite as feminine in her golf suit as in a ball gown."

"There are no hussy women in America such as those of England, although our women own and understand horses and ride to the hunt. But the hussy woman in a tan coat and with a field glass slung over her shoulder is a typical English picture."

"The athletic girl that this country has produced is a companionable, sensible young woman who cares little for the fripperies of dress or for cosmetics. She goes to bed early so that she may rise with the sun for a morning gallop or a mile walk before breakfast."

"She lives on a healthful food for her appetite is healthy and she craves no sweets and candies or sentimental novels. All these feminine faults have passed away with the coming of the athletic girl."

"She goes to know and love nature, for she spends her time out of doors and is more familiar with sea, sky, wind, rain and sun than women for a century past have been. She breathes fresh air rather than the scented drawing room atmosphere and naturally her mental condition corresponds to her new life."

"A course of fencing lessons will often transform an awkward, ungraceful, stupid woman into an attractive one. She will not only learn to move more easily and manage her arms and hands better, but her voice and manner of speech will improve."

"I have noted this frequently in girls' classes. Just as dancing makes a child easy, supple and capable of managing himself, so do athletics improve women."

"I have had all sorts of classes, some of them composed of working girls, some of women of society, while college girls have been my frequent pupils."

"There has never been even one instance

In all my long experience where I can recall rudeness of speech in a manner in a class. Voices are sometimes raised, it is true, but there is no hoarse shouting or screaming; simply the calls of the game, the direction of a captain to her players or the coaching.

"This plenty of fresh air in the lungs and sets the blood circulating, and the good healthy laughter that greets an awkward girl or a tumble is as good as a tonic to her."

"Another tendency that athletics has in girls' classes is to make them broad-minded. They discuss their sports rather than their gowns and jewels, and get to despise littleness."

"They admire proficiency hugely, and are glad to admit it in their companions. There is no jealousy, and measures are developed among them. This is usually the result of indulgence in good healthy outdoor sport among men as well as women."

"It gets to be a habit with the girls to applaud a good play. In any small dispute there is always a generous giving in on both sides. Usually women will persist in dispute to the bitter end, but the woman athlete gets out of it gracefully and lets the other have the count."

"I except no athletic sport from the list of those helpful to girls. Even boxing, the most masculine of them all, does not produce the dreaded touch of unwomanliness that so many mothers fear will result from athletics."

"Some mothers have written to the college presidents asking that their daughters be permitted to wear corsets and ordinary skirts during athletic exercises instead of the neat, athletic gymnasium suit that is worn during the classes. Could anything be more ridiculous than this? But this is the idea which some misguided ones have as to what constitutes femininity."

"Take a photograph of any athletic class in the college—Vassar or Wellesley or the boat crews and basketball teams of other schools, and study the faces. They are happy, strong, fearless and intelligent. The hair is brushed cleanly away from the eyes and brows and the shoulders are symmetrical and well-poised. Those faces speak best in defense of the athletic girl's womanliness and her personality generally."

## LOST SECURITIES.

Curiosities of a List of Missing Stocks and Bonds.

The notice sent out over the Wall Street tickers last week that \$128,000 of securities owned by a Cincinnati trust company had been lost has directed attention to the vast quantities of securities which are each year reported missing. According to the figures of a publication in which such losses are advertised monthly, at the end of March there were nearly 1,000 persons or firms who sought lost stocks or bonds. The aggregate of their losses was not far from \$1,000,000.

There were advertised as lost some 30,000 shares of stocks, ranging from high-priced railroad stocks to those of unimportant mines, the average value of which might be put at \$20 a share, a total of \$600,000. The list included \$27,000 of miscellaneous bonds, \$8,000 of Government bonds, and \$88,000 of certificates of deposits and receipts having money value. The total of all kinds was therefore exactly \$968,000.

The details of these losses are curious. From the figures the shares of the Missouri Pacific Railroad are the most volatile of all. They vanished to the number of 2,400 from the hands of some thirty-two persons. Their combined value was also the greatest, reaching the sum of \$264,000.

The losses in this stock were in lots of 100 shares in most cases, a firm of brokers of New York reporting a loss of 600 shares of \$55,000. The stock is at present selling at about \$110 a share on the New York Stock Exchange.

After Missouri Pacific losses of Louisville and Nashville Railroad stock are most prominent. Exactly 106 persons advertise that they have lost in all 1,533 shares or \$184,000 worth of the stock.

A peculiar fact in connection with the losses here is the great number of individuals who advertise the loss of only one share. Of the total of 106 persons who have lost only one share, some 27 persons mean the disappearance of two and three shares, and in this one stock there are two people who set forth the loss of 12-16 shares.

The list says that Davidson county is the loser of 1,000 shares of its stock, or \$100,000. The stock is at present selling at \$100 a share. Davidson is perhaps the county of which Nashville, Tenn., is the county seat. In any case, it was certainly careless of it to let \$100,000 of stock slip away.

The great number of losses of one, two and three shares of Louisville and Nashville stock is evidence of the wide holding of it for investment by people of small means. The stock has had a bad reputation for slippiness since the night on which so much of it glided into the hands of John W. Gates that the old owners awoke in the morning to find their control of the property gone.

The losses of the United Steel stocks, both preferred and common, are numerous. The stock has had a bad reputation for slippiness since the night on which so much of it glided into the hands of John W. Gates that the old owners awoke in the morning to find their control of the property gone.

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## MAKING OF A SUMMER GIRL.

HOPE FOR THE UNLUCKY YOUNG WOMAN WHO IS SHAPLESS.

She Teets a Flare, Blows Bubbles, Swings Her Arms, Learns to Breathe Deeply and at Last is Rewarded by Acquiring the Curve That Make a Pretty Form.

A girl might as well be out of the world as out of shape.

The shapeless, flat-chested young woman cannot hope to be a typical summer girl, for the girl of summer is full in the chest, round in the neck and full bustled. The girl who is flat, who has no curves, who resembles in no way the models of the art studios, may be a nice girl, but she is not attractive outwardly.

A few years ago the thin-chested girl might have passed muster as being in good health and standing well in the community. But now even her dressmaker dislikes her. As for her friends, they think her consumptive, and her acquaintances regard her as lacking in style.

It is in vain that the flat-chested girl pads. No amount of padding will make her look round. There will be a slopping in, a queer flatness, a tendency to hollowness, that cannot be disguised, no matter how industriously the sawdust be packed or how skillfully it be disposed.

There is only one thing for the flat-chested girl to do, and that is to develop herself. She must take a course of exercises which

must walk in the way she should go; and first and last, she must take exercise. The exercises expelling the air from the lungs slowly, but thoroughly, will in the long run develop the bust.

Nor does it take so very long. For by the time a woman has practiced the exercises a week, she will notice some improvement, and in a month it will be quite apparent. In two months she will be full in the chest, unless she is one of those exceptional persons without a pound of flesh upon the bones and with a figure that is long and narrow and utterly lacking in curves, and in six months she will be well developed.

The woman who has reached maturity and who is flat in the chest can make up her mind that there is something wrong with her constitution. Very many people have a system which does not assimilate its food. Owing to this some of the largest eaters are the thinnest people.

The old back country saying is that it does the eaters no good and they are hungry for the time being. But the more they eat the thinner, apparently, they grow. Very nervous people are generally thin. Their food does not go to fat, but is rejected by the system. Hysterical women are generally of the thin order, and all chronic worriers are thin. Women who eat a great deal but do not drink much with their food are often very emaciated, and so are those who have quick, jerky ways, as though on springs.

Such people should study how to make their food digest properly. They should eat simple, rational meals and should drink the ordinary supply, not less than three pints, of water a day, or its equivalent in fluids.

Tea and coffee will do no special harm unless they are injurious to the system.

Another exercise for the narrow-chested



will plump her out and make her full across the chest.

The bust-busted women say that their pretty figures are due not so much to bust development as to the development of the chest. As soon as the shoulders are thrown square and the chest is arched the girl becomes pretty of figure.

But let a thin girl, one who is flat in the chest, try to stand with her shoulders squared and the effect is pitiful. She does not look any fuller in the bust than she did before, while the angularities of shoulders and neck become painfully apparent.

To get a full chest, then, requires practice and time; and not only practice and time, but a certain amount of patience and application. More than all these, it needs the kind of air in which to perform her gymnastics.

Shouting, which used to be one of the methods of developing the bust, is now declared injurious. Singers, to be sure, are usually full in the chest. But singers usually stand correctly, they exercise intelligently and they use the arms to great effect. They play the piano and make gestures, and so, in their own way, perform the very exercises which are recommended to the girl who wants a good bust.

Bubble blowing is precisely by girls who want to get a full bust. Bubble blowing is a simple, easy, and pleasant exercise, and the bubbles are not blown conventionally, but in odd ways. Bubble blowing, when one lies across a table, with the feet and the head raised, is a thing that may seem difficult.

But it is an exercise that is highly recommended. It strengthens the back and makes the chest rise higher, and it, at the same time, forces one to breathe deeply.

Another bubble exercise is that of lying on the back and blowing the bubbles. And when tired out, the bubble blower can rest herself and continue to blow.

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## SOAP REGIME IN THE SLUMS.

A TRAINING IN CLEANLINESS BEGUN IN THE SCHOOLS.

Nurses Brought In Who Teach the Children and Their Parents to Avoid Disease and Cure Childish Ailments—It's a New Sort of Educational Influence.

There has been a growing market for soap in the slums since the Board of Health employed nurses to visit the public schools. In Manhattan the ministrations of these nurses are confined principally to schools in the most congested tenement districts. The others don't need nurses.

Seventeen of the thirty-five nurses on the school roll are stationed in Manhattan and divide their time among sixty-three schools, situated for the most part below Fourth street and attended almost entirely by the offspring of foreigners.

It is surprising how very little the uptown residents of Manhattan know about these downtown schools. The teachers in them and the Board of Health have, however, a painfully accurate knowledge of them and their personnel, and as an outcome of this knowledge the Board of Health established a corps of nurses last autumn for the express purpose of combating dirt and disease in the public schools, and to supplement the work of the physicians detailed by the same board to visit the schools every day.

There was a time when this medical inspection was perfunctorily performed once a fortnight or so. At the present time every pupil passes under the doctor's eye daily, and many of those in the downtown schools who are found to be ill are sent to the hospital for treatment or are attended to on the spot by one of the trained nurses. The need there for external treatment is almost past belief. Of course, in cases of serious illness, or when a child is affected with a contagious disease, he or she passes at once out of the hands of the school physician and nurse into those of a dispensary doctor, and meanwhile must remain away from school.

Before the installation of the school nurses the absentee roll of certain schools was occasionally as large as the attendance roll, for the reason that children sent home to be treated for a day or two for eye, head or skin disease, nearly always the outcome of uncleanness, failed to show themselves again because there was no one in particular to nurse them or to look them up and make them come back as soon as possible. Truancy, because of this very thing, was frequent. But all that is changed, and now the school nurse is on hand to see that the child comes back as soon as possible.

In every school where a nurse is stationed there is one room set aside for an hour every day as a sort of infirmary, the nurse presiding. The children who fail to pass the doctor with a clean bill of health are sent to report their facts to their teacher, who enters it in her book and in turn despatches the youngster to the principal, who also keeps a memorandum of such cases. After that the child goes to the infirmary, and not only is treated thoroughly on the spot, but lucid directions are given for home treatment, and the nurse has the child understand these